Appendix 3: Behavioral change techniques proposed by Michie et al. (2011)

- 1. Provide information on consequences of behaviour in general
- 2. Provide information on consequences of behaviour to the individual
- 3. Provide information about others' approval
- 4. Provide normative information about others' behaviour
- 5. Goal setting (behaviour)
- 6. Goal setting (outcome)
- 7. Action planning
- 8. Barrier identification/problem solving
- 9. Set graded tasks
- 10. Prompt review of behavioural goals
- 11. Prompt review of outcome goals
- 12. Prompt rewards contingent on effort or progress towards behaviour
- 13. Provide rewards contingent on successful behaviour
- 14. Shaping
- 15. Prompting generalisation of a target behaviour
- 16. Prompt self-monitoring of behaviour
- 17. Prompt self-monitoring of behavioural outcome
- 18. Prompting focus on past success
- 19. Provide feedback on performance
- 20. Provide information on where and when to perform the behaviour
- 21. Provide instruction on how to perform the behaviour
- 22. Model/Demonstrate the behaviour
- 23. Teach to use prompts/cues
- 24. Environmental restructuring
- 25. Agree behavioural contract
- 26. Prompt practice
- 27. Use of follow-up prompts
- 28. Facilitate social comparison
- 29. Plan social support/social change
- 30. Prompt identification as role model/position advocate
- 31. Prompt anticipated regret
- 32. Fear arousal
- 33. Prompt self talk
- 34. Prompt use of imagery
- 35. Relapse prevention/coping planning
- 36. Stress management/emotional control training
- 37. Motivational interviewing
- 38. Time management
- 39. General communication skills training
- 40. Stimulate anticipation of future rewards